## Oktober est 2k Spook Run

Dates: October 31, 2007

Starting at Club 14 Lanai

Vimes: 0630

Want a good cardiovascular workout? Then come and participate in the 2k Fun Run around Sand Island base. This event is opened to everyone! The experienced and novice runners alike.

All individuals must pre-register by Thursday, October 19th at the MWR office, email Lee Lopez, or call 842-2952.